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SAVE THE EARTH: SKIP THE PLASTIC

Everyone knows we should recycle, but there are still tons of plastic that still ends up in our landfills, taking up space and energy to destroy it.

Here are some easy things you can do to help the Earth and skip the plastic:

- Say no to plastic straws use paper or reusable straws instead
- Fill up a reusable water bottle at a fountain
- Pack sandwiches and snacks in cloth sacks or reusable containers
- Go for the cone instead of a scoop of ice cream in a plastic dish

Source: https://kids.nationalgeographic.com/explore/nature/kids-vs-plastic/10-tips-to-reduceyour-plastic-use/

How long does it take trash to decompose?

Styrofoam - never biodegrades

Glass - 1000 years

Plastic Bottles - 450 years

Aluminum Can - 80-200 years

Plastic containers - 50-80

Plastic bags - 10-20 years

Newspaper - 6 weeks

Orange or banana peel - 2-5 weeks

Paper towel - 2-4 weeks

Until these items decompose, they are stuck in our landfills and can make their way to our oceans.

Source: https://safety4sea.com/ marine-debris-long-gone/

FRIENDLY POST A special note from Friendly the Eagle **April 2020**

FRIENDLY'S CLUB

GIVING WISELY

Part of being a financially responsible adult some day is learning how to save your money - and spend it - wisely. There are a lot of things you can spend your money on, from things you need (like food, clothing and shelter) to things you want (like going to the movies or a new iPhone). But there is another way you can spend your money - giving it to charity.

WHY GIVE YOUR MONEY?

One of the main reasons to give, or donate, your money is that it helps your local community, which makes the place where you live better for everyone. There are non-profit organizations in almost every city that are dedicated to helping local people, animals and even the environment. These organizations are different from other businesses that earn money by providing a product or service. Instead, they depend on people who donate their money to keep their organization running.

"I don't think you ever stop giving. I really don't. I think it's an on-going process. And it's not just about being able to write a check. It's being able to touch somebody's life."

- Oprah Winfrey

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FUNDRAISING IDEAS

Giving your own money is great, but what if you asked your family and friends to chip in and made one giant donation?

Here are some fun ideas to help you raise money.

- Join a run/walk
- Host a bake or craft sale
- Create a sports tournament and have each team pay to enter
- Wash cars or mow lawns

HOW DO YOU KNOW WHERE TO DONATE YOUR MONEY?

If you search online, you can find all sorts of non-profit organizations that need donations. According to *A Kid's Guide to Giving**, deciding how to donate your money can be broken down into four steps:

- 1. Look into your heart and think about what cause means the most to you. Maybe it's helping people who can't afford food or are homeless, helping animals, or even keeping our environment clean.
- 2. Search online to find those organizations with causes that you love.
- 3. Decide if you want to simply donate your money, or maybe even volunteer your time or help the organization fundraise to get more funds they can use.
- 4. Spread the word. Make a list of your favorite organizations and send it to your friends and family so they can make a donation on your behalf instead of buying you a birthday or Christmas gift. They may even want to help and get more involved themselves!

No matter where you choose to give your money, you'll feel great knowing that you are doing something to help a cause that's important to you.

*For more information, visit http://www.networkforgood.org/KidsGuideToGiving.



DIY "GIVE" PIGGY BANK

Chances are you already have a piggy bank to save your money for something you want to buy. Why not make one for money you want to give?

What you need:

- A container with a lid (you could even recycle an old bottle or jar!)
- A label, or a small piece of paper and tape
- A Marker

How to make your bank:

- 1. If you're using a used container, wash it out with soapy water and let it dry completely.
- 2. Using the label or paper and a marker, write the word "GIVE" on it and tape it to the front of your container.
- 3. If your container has a soft lid, you could cut a slit in it so you can add your money at the top. Otherwise you can simply remove the lid when you have money to add.
- 4. That's it! Now you're ready to start adding money to give away or donate.

Optional Ideas:

- Make a list of how much money you want to save up to give and where you want to donate it to.
- Decorate your bank with stickers or whatever other decroations you have.

10 SIMPLE THINGS TO DO TO CELEBRATE EARTH DAY

Earth Day is on April 22nd! Here are some fun ways to celebrate:

RIDE YOUR BIKEIf you live close enough to your school, ditch the car and

ride a bike to and from classes. And if you aren't nearby or don't have a bike, carpool or take public transportation.

Trees not only cool things down (collectively, they can help decrease a city's temperature by up to 10 degrees), but they also clean the air and give off

LET YOUR VOICE BE HEARD

more oxygen, among a

ton of other benefits.

Feeling passionate about a certain environmental cause or piece of legislation that you believe should be passed? Write an email to your local representative to share your thoughts.

BUY REUSABLE BAGS

It's been estimated that Americans use 100 billion plastic bags a year, and just the production alone for those requires about 12 million barrels of oil. Not to mention, they take up lots of space in landfills and cause major problems for marine wildlife.

UNSUBSCRIBE TO CATALOGS

The fact is that over 100 million trees are cut down each year to produce junk mail including catalogs. Plus they usually just end up in the trash anyway.

GET PRODUCE FROM A LOCAL FARMER'S MARKET

Food in the grocery stores travels an average of 1,500 miles to get to you, and all that shipping can cause pollution plus an increase of fossil fuel consumption and carbon emissions.

SPEND TIME OUTSIDE

Sometimes we can be so caught up in what's happening on Instagram or Netflix, that we forget how much fun it is to be outside. Earth Day is just a reminder of how beautiful and awesome our planet is.

ATTEND AN EVENT

There are tons of festivals, organized cleanups, and walks to participate in for observance of Earth Day. Check out earthday.org to find local events.

USE A REFILLABLE WATER BOTTLE

Besides the fact that it takes over 1.5 million barrels of oil to manufacture all of those bottles each year, there are still over two million tons of water bottles that have ended up in U.S. landfills.

SHOP SMART FOR CLOTHES

As with any kind of material good, buying something that's already been used is great for the Earth because it doesn't involve new resources. Check out used clothing sites like thredUP to see what kind of outfits are available. Bonus: some studies have shown that buying online takes about 30% less energy to do so.

Source: https://www.teenvoque.com/story/10-ways-celebrate-earth-day